



A Prayer of Empowerment

Most Loving and Merciful God,

In whose law we find our guidance, in whose love we find our healing and joy, and in whose will, we find our peace, rule over our spirits in this hour that we will go from this worship with the freedom of those who trust you. Empower us, O God, to be open to the seasons of life and give of our hearts love generously to all in need. Grant us the silence of heart so that we can grow in your word.

As we go through this worship today and culminate what we call “Black Catholic History Month”, help us to never forget our history and instill in us the willingness to share our history with our youth and others throughout the year.

Now Lord God, fill us with the solemnity of the faith of the great commission; but also provide us with the means and the will to stay in loving and joyous relationships with one another and the world. We ask a special blessing for our pastor who will bring the message by sharing historical reflections.

Lord, we praise and adore you and we thank you for the joy we have in worshipping you in spirit and in truth.

In your name we pray, Amen.

Source: Jesuitresource.org

Sankofa is an Adinkra symbol from the Twi language of Ghana, which translates to “to look into one’s past in order to move forward.” The symbol honors the cultural values from African history that can provide direction and strength to move forward.

By honoring our roots and acknowledging past experiences, we aim to cultivate resilience and make informed decisions to guide our journey ahead.

Celebrating Black Catholic History Month



The Roman Catholic
Archdiocese of
Washington